








Recreation Activity Calendar Mews West... September 2011

Other Info.	Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<p>If you have any questions, please don't hesitate to call or drop by the Recreation office located in the Party Room. 780-458-9014</p> <p>Coffee Hour is everyday at 9:00am in the Bistro.</p> <p>Key: DE – DAL Entrance DR – Second Floor Dining Room B- Bistro (1st Floor) ME- Mews East MF- Main Foyer SR- Sun Room PR- Party Room CR- Craft Room TH- Theater ER- Exercise Room TBA – Location to be announced</p> 		 Labour Day	Citadel Yard Sale Thurs., Sept. 22 nd , 2011 1:pm – 7:pm		1 9:30 Music Corner (PR) 10:00 Resident Cncl Mtg 10:30 Board Games (SR) 1:15 Walking Club (MF) 2:00 St. Albert Library 7:30 DAL Sing a Long (SR)	2 9:00 Hat Decorating (CR) 10:00 Catholic Liturgy (SR) 10:00 Save On Foods 11:00 Sit and Be Fit(DR) 1:15 Wii Bowling (PR)	
	4		6 10:am Walking Club(MF) 10:00 Parkinson's Mtg (SR) 1:15 Stories w/Annette (SR) 1:30 Wooly Wonders (CR) 2:00 Tai Chi(ER) 3:00 Cards – Sequence (SR) 7:30 DAL Sing a Long (SR)	Grandparents Day! High Tea! 7:00 Bingo(cost \$)	8 9:15 Walking Club (MF) 11:00 Osteoporosis Info. Session (B) 1:15 Baking (PR) 2:30 Afternoon Tea (B) 7:30 Sing a Long with DAL	9 9:00 Visits 11:00 Sit and Be Fit(DR) 2:00 Travel to Egypt(PR) 3:30 Darts (B)	10 10:00 Games (TBA) 1:15 Walking Club (MF) 2:45 Singing with Denise T (SR)
	11	12 10:00 Boost Your Memory Club (DR) What's Missing? 11:00 Sit and Be Fit (DR) 1: 00 Singing Practice (SR) 3:00 Visits 7:00pm Whist (PR)	13 10:am Walking Club (MF) 10:00 Massage 1:30 Wooly Wonders (CR) 2:00Tai Chi (ER) 3:00Cards – Crib (SR) 7:30 DAL Sing a Long (SR)	14 9:15 Yahtzee (SR) 11:00 Sit and Be Fit(DR) 1:15 Bocce Ball (DE) 2:00 Entertainment Harmony Kings (B) 7:00 Bingo(cost \$)	15 9:15 Walking Club (MF) 10:30 Shuffleboard (B) 12:30 Jurassic Forest (\$) 2:00 St. Albert Library (B) 7:30 DAL Sing a Long (SR)	16 9:00 Visits 10:00 Alzheimer's Mtg (SR) 10:00 Save On Foods 11:00 Sit and Be Fit(DR) 1:15 Stretches (ER) 2:00 Twisted Twister (TBA) 2:00 Social Committee Meeting(PR)	17 10:00 Games (TBA) 1:15 Walking Club (MF) 2:00 (PR) Movie Matinee RV with Robin Williams
	18	19 10:00 Boost Your Memory Club (DR) Water Trivia 11:00 Sit and Be Fit (DR) 1: 00 Singing Practice (SR) 3:00 Visits 7:00pm Whist (PR)	20 9:00 Personal Touch Fashions (B) 10:00 Catholic Liturgy (SR) 1:15 Walking Club (MF) 1:30 Wooly Wonders (CR) 2:00 Tai Chi(ER) 3:00 Cards - Euchre 7:30 DAL Sing a Long (SR)	21 9:15 River Cree Casino  7:00 Bingo(cost \$)	22  1:00 – 7:00 Yard Sale 7:30 DAL Sing a Long (SR)	23 9:00 Visits 11:00 Sit and Be Fit(DR) 1:00 Stretches (ER) 2:00 Birthday Party with Bob	24 10:00 Games (TBA) 1:15 Walking Club (MF) 2:00 Pictionary (PR)
	25	Active Aging Week!! 26 9:00 Mobile Dental 10:00 Boost Your Memory Club (DR) Crossword 11:00 Sit and Be Fit (DR) 1: 00 Singing Practice (SR) 3:00 Visits 7:00pm Whist (PR)	27 10:am Walking Club 10:00 Massage 1:30 Wooly Wonders (CR) 2:00 Tai Chi(ER) 3:00 Cards–Fun Whist (SR) 7:30 DAL Sing a Long (SR)	28 9:15 Lawn Weights (DE) 11:00 Sit and Be Fit(DR) 12:00 Lunch Outing (\$) 2:30 Watercolour Painting (CR)  7:00 Bingo(cost \$)	29 9:15 Walking Club (MF) 10:30 Board Games (SR) 1:15 Pool (PR) 2:30 Music Corner (PR) 7:30 DAL Sing a Long (SR)	30 9:00 Visits 11:00 Sit and Be Fit(DR) 1:15 Wii Bowling (PR) 3:00 Active Aging Week Wind Up Party! (B) 	10:00 Games (TBA) 1:15 Walking Club (MF) 2:00 Family Feud (PR)

Recreation Explanation of Programs

Travel- Watch a travel Video and have traditional treats after.

Baking - An activity to stimulate our senses

Bingo - An evening activity, in the Sun Room.

Birthday Party – Celebrate all our birthdays in the month

Catholic Liturgy – Ukrainian Catholic Priest comes in to do an English mass.

Coffee Hour - A time to have coffee together held in the Bistro, at 9am every morning

Outing (River Cree Casino) – A day outing to the Casino, \$10.00 for Bus, and money to gamble

Stories with Annette (Listen and Relax) –we will read and discuss stories

Sit and Be Fit/ Exercise Class -Seated exercises stretching, bending, resistance work, etc

St. Albert Library- A volunteer from the St. Albert Library comes to bring us book to check out for the month to read.

Tia Chi - A seated exercise program, to improve balance and body coordination

Shopping to Save On Foods- Grocery Runs every two weeks to Save on Foods, Cost is \$3 per person (1 way)

Walking Club - A group of people walk together to get exercise & socialize

Boost your Memory Club – Various activities meant to stimulate our memories.

Crib, Euchre, Fun Whist, Scrabble cards & Pictureka cards - various card games

Scrabble – well known board game

Pet Therapy – Individual visits with our Pet Therapist and her Fabulous Dog “Jake”

Sing a long with DAL – an evening program lead by the Nursing staff to have some social fun to end the day.

Craft – an activity that allows our creative selves shine through.

Games – An opportunity to get physically active while playing various games.

Singing – a group of singers preparing to sing for the Christmas season ~ **ALL Are Welcome!**~

If you have any questions or would like further information, Please call Robin or Sylvia @ 780-458-9014